



Minor Hockey and Community Building

A reflection of the encouragement and friendships for new families

By: Sodhi Pillay, Proud SWAT parent & Hockey mum

As the new hockey season barrels towards some unsuspecting parents, it feels like just yesterday boisterous year-end parties were being celebrated whilst new friendships flourished that were cemented in smelly change rooms and cold arenas.

Casting my mind's eye back I can still feel the adrenaline and sometimes weariness of driving a little boys excitement or trepidation around.

Children toiled on weeknights and weekends at improving skating or goalie skills. Confidence, competence and sportsmanship, growing exponentially as the players progressed through the season. While some simply had fun breaking the ice with new and old friends whilst hastily doing a fortnite dance or the floss in between training drills.

Parents driving their kids all around Edmonton fueled by copious amounts of morning coffee. Boundless parental commitment and dedication on display as they rallied to support their children's fitness or career goals (here's looking at you NHL hopefuls) or interest in trying out a new sport. Packing hockey gear and sleepy children into cars for early morning commute to arenas across the city.

Amazing coaches and assistant coaches, team managers, time keepers availing themselves to holding our children's hands and attention as they help them navigate around training pylons, giving them encouragements and fist bumps for effort, attitude, heart and determination on the ice.

Grandparents, aunts, uncles and siblings braving sub zero temperatures to proudly support players with cheers, vuvuzelas, cow bells and loud projected voices screaming encouragement, advice and sometimes frustration.

These were the common threads that bonded all the families through our shared experience on and off the ice.

Having not grown up in Canada, the minor Hockey scene accidentally happened to us as we tried hard to integrate our young family into a new country's culture and into our new community. Hockey, skiing, skating was the winter currency for fun. The only thing I did with ice before arriving in Edmonton, was adding it to our drinks. Now we were expected to not only walk on it but also skate or barrel down a hill. What an odd place we chose to journey and settle in. (Cue here reflections of, Douglas Adams Hitch Hikers Guide to the Galaxy)!

Eager to get our children integrated within their arctic like environment, we joined our local minor hockey association. Thus began in part, our journey to what it feels like to be truly Canadian. The Western Canadian psyche is so intertwined with the ice- strong enough to hold one up yet humble, resilient and flexible enough when warmed to run through a hand leaving no trace.

I heard horror stories of over zealous parents living vicariously through their kids ice aspirations. We tentatively joined vowing to keep a far distance from anyone who displayed extreme off-ice attitude. No doubt these urban legends are out there but they are few are far in between as the majority of people we met were pretty normal, sane and nice.

All through this time we tried to convince ourselves that we would remain vested in a sensible, unattached manner. The transient, fluid and ever changing teams we found ourselves on, would surely prevent us from developing deep connections, or so we thought.

Fast forward four skate sizes later. Sometimes community and camaraderie develop in a nonchalant manner. It sneaks up on you and is cemented on a Sunday afternoon, when all it takes is for another mother, whose child skated hours earlier, to wait to cheer on several past team mates. With a booming loud voice that cheered louder and whose energy surely moved young legs to skate harder. That voice spoke volumes to my family. Feeling a sense of belonging, a feeling of yes, we have found our tribe, of all places in a cold arena (I could not have predicted that in my wildest dreams).

I smile at how hockey has allowed us to integrate better into our community, how our knowledge of a sport we never watched previously became a conversation connector at local coffee shop queues but most importantly how we had an opportunity to meet some of the nicest people who, carpoled and lent a helping hand tying skates or cheered our child on as if he was one of their own. Parents who came into our lives as fellow bench parents but remained as authentic friends. I do understand and am mindful of the fact that not all newcomers may have access to information and financial means. Or it may not be their choice of sport, to even want to pursue hockey as a community integrator. Our family nonetheless are examples of the difference that it makes to a difficult and often times emotionally challenging journey of transitioning from immigrant outsider to community insider.

So, as our children don their battle gear as Ice Devils, Vipers, Storm Troopers or whatever other name they call themselves and enter a higher or lower tier, faster or slower, confident or shy, excited or scared we will start the year with new or old friends shooting the icy breeze as our children glide or totter before our eyes. When helmets go on differences fades, be it a male or female, rich or poor, Canadian or immigrant and we all become a community of supporters wanting the very best experience for all of our children.

I began reflecting on what it meant to be part of this hockey community at the ...*continued on page 2*



Time to upgrade?

The annual **Snow Valley Ski Swap** is happening November 2nd and 3rd.

Details at www.snowvalley.ca



Minor Hockey and Community Building

A reflection of the encouragement and friendships on new families through sports

By: Sodhi Pillay

continued from pg. 1...start of the skills evaluation week and if I had my way, I would choose my son's team on how much I liked the parents and how witty they were, my son may want to choose his team on the basis of how many fort-nite solo wins a player has. Thankfully our community hockey league takes neither into account and has a more sophisticated system of team selection.

We do not get to choose who our kids play with or against, who the coaches are or which tier our team is on but we can choose to be kind and welcoming to new parents, understanding of our children's limitations and most importantly to be part of a sports community that takes the best versions of ourselves to every practice and game and to be community builders.

In the months ahead as we coax, cajole and sometimes bribe our children from the warm comforts of their bedrooms to enter cold arenas, may you always find yourself welcomed by the warmth of the hockey community that I know exists and that we have had the great fortune to experience over the years.

Photo: SWAT Atom's team the Moosepack.

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Edmontonians are invited to apply for a volunteer position on Edmonton's new Anti-Racism Advisory Committee

Council recently approved the creation of the committee to support community-based anti-racism initiatives, conduct research and present reports on issues and concerns around racism in the community and increase public awareness of racism. The committee will have up to 13 members.

The Anti-Racism Advisory Committee is one of Edmonton's 17 civic boards — many of which will recruit new members in January 2020.

Edmontonians with an interest in municipal government, increasing public awareness of racism and supporting anti-racism activities are encouraged to apply for a position on the new committee.

The **deadline to apply to be a volunteer member of the [Anti-Racism Advisory Committee](#) is December 13, 2019.**



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We're always looking for volunteers to help us deliver copies of *The Ragg-Times* to schools, businesses, and retirement homes. If you can deliver *The Ragg-Times* seven times a year, we'd love to hear from you!

Your gift of time and service would be greatly appreciated.

Please call 780-437-7108 or email info@riverbendonline.ca for more details.

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**** Ads Printed as Submitted ****

Local Athletes Selected for Team Canada Pan American Championships in Mexico

Your community stands behind all of you

By: Monte Weber

Riverbend resident Zoe Williams (13) and her partners, Gabriela Morgensztern (18) and McKenna Basisty (15), have been selected by Gymnastics Canada to represent Canada at the Pan American Acrobatic Championships in Monterrey, Mexico this November. Hosted by the Mexican Gymnastics Federation, the 2019 Pan American Championships are a major continental gymnastics competition. Zoe and her partners will compete in the Age Group 2 (12-18) women's group category. They will be joined by teammates Keira Weber (14), Tatum Stock (15) and Janiya Ericson (11) who will compete in the Age Group 1 (11-16) women's group category. Both trios placed second in their respective categories at the Canadian Championships in Oakville, Ontario in June 2019. Teammates Emily Pitters (14) and Olivia Pham (12) will also be joining them and will be competing in the Age Group 1 (11-16) women's pair category. These eight gymnasts are the only ones from all of Western Canada to be named to Team Canada by Gymnastics Canada for this competition. They all train in Edmonton at Capital City Gymnastics Centre with their coaches, Anna Godek and Lewis Anderson.



Congratulations Dave!

Dave Hancock, MLA for Edmonton Whitemud from 1997 to 2014 and former Premier of Alberta, has been honoured by the Rotary Club of Edmonton with the Paul Harris Fellowship. Neil Lang, President of the Edmonton Rotary Club is shown with Dave here, and said 'We're pleased to recognize Dave Hancock for his ongoing contributions to our community over the years'.



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Terwillegar Riverbend Advisory Council (TRAC)

Updates for our community

By: Karin Shott and Sue Trigg

TRAC Meetings: The Terwillegar Riverbend Advisory Council met for their first regular meeting after the summer break on Wednesday, September 18th. It was a great meeting with updates provided by the Edmonton Public Library-Riverbend Branch, Rakhi Pancholi-our MLA, the Southwest Edmonton Farmers' Market, Brander Gardens ROCKS programs, our Neighbourhood Recreation Coordinator, as well as updates from the TRAC Ambassadors in attendance. These meetings are open to anyone who wishes to attend with the next one scheduled for Wednesday, November 20th at Lillian Osborne High School beginning at 7:00 pm.

TRAC Community Wine: A number of years ago Vines Riverbend Wine Merchants approached TRAC with an idea to have a community fundraiser. The tradition continues as we launched the third in this series, "The Ridge Vines". Five dollars from each bottle sold goes back to the Terwillegar Riverbend Advisory Council to support programming and operations of the area council. Please visit Vines (2331 Rabbit Hill Rd.) and consider purchasing this "delicioso" wine. It pairs perfectly with Alberta beef!

Community League Memberships: A reminder that your 2018-2019 community league membership has expired as of August 31, 2019. Community league memberships always expire August 3.

Please consider purchasing your 2019-2020 community league membership as these funds help support the community you reside in. If you wish to purchase your membership in person, they are available at the TRAC Community Office, which is located right in the Terwillegar Rec Centre by the Amphitheatre. Office hours are:

- Tuesdays & Wednesdays: 9:00 am – 3:00 pm
- Thursdays: 4:00 – 9:00 pm
- 1st Saturday of the Month: 10:00 am – 2:00 pm
- Only cash or cheque are accepted.
- Telephone: 780-439-9394
- Also available are skate tags, which give community league members access to any outdoor community skating rink in Edmonton.



Another option for purchasing your membership is to either drop off your application and payment cheque (made out to the applicable community league as per your postal code) at the office if you're not able to stop by during office hours, or mailing them in. The mailing address is: Terwillegar Riverbend Advisory Council, Terwillegar Community Recreation Centre, #5, 2051 Leger Road NW, Edmonton, AB T6R 0R9

Community league memberships are also available online at www.efcl.org or by contacting the Membership Director in your community.

With your community league membership, you will get a reduced rate to City of Edmonton recreational facilities through the Community League Wellness Program. You will also be able to enjoy the 2-hour free community swim/facility access at the Terwillegar Community Recreation Centre by showing your valid community league membership card for either Saturday or Sunday. Please see below for your leagues' day:

- Saturdays 5:00 -7:00 pm: Greater Windermere, Hodgson, Terwillegar
- Sundays 5:00 - 7:00 pm: Brookview, Oak Hills, Riverbend, The Ridge

There are so many other benefits of having a community league membership such as access to community sports, free skating at any outdoor community rink, neighbourhood safety & crime watch programs, a say in your community, free community events, community programs, and much more!

"The best way to create the type of community you want to live in, is to get active and get engaged with your neighbours and with your league. When we all work together, we create safer, healthier and more enjoyable neighbourhoods – ones we are proud to call ours." –Edmonton Federation of Community Leagues



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The Ridge Community League

Neighbourhoods of Falconer Heights (Terwillegar Hill Estates),
Henderson Estates (River Ridge, Eagle Ridge, Promontory Point),
& Haddow (Riverside, College Woods)

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The Ridge CL Community Building Update

The Ridge Community League should have sufficient funds in hand to start construction of our long awaited community league building at Haddow Park. We are currently having our 1 year old drawings updated to incorporate any changes to code requirements such as an energy audit, and new City of Edmonton requirements for landscaping.

The Ridge CL had intended to start construction of our building, parking lot and rink early 2018 but the quotes came in considerably higher than budgeted, and a grant we had applied for was considerably smaller than we had hoped. The building and parking lot came in at about \$1.5M, and the multipurpose concrete pad with rink boards came in at an additional \$750K. Poor soil conditions are a major factor. We currently have about \$1.4M in grants and saved funds so we are taking it to the next level for the building and parking lot.

The intent of the concrete pad for the rink was to provide a level, light coloured surface for a skating rink with permanent boards, and a multipurpose surface for courts for the summer months.



The Ridge board has set construction of the building as a priority over the rink with boards due to the necessity of services such as water and a place to store a snowblower and hoses. Until a future grass based rink with boards is built, snowbank rinks will be supported from the building.

Next steps in our process include:

- Develop a fundraising strategy for items like the snowblower and furniture, including the potential for in-kind contributions and set up a separate society with charitable status
- Continue applying for grants
- Create a list of all Stakeholder groups interested in the development of the rink and building
- Find a person who can help with fundraising

Contact info@theridgeonline.ca to donate, help or for inquiries.

New Year's Eve Party and Fireworks

Will we have enough volunteers to put it on again?

The Ridge CL has put on a family party every New Year's for 10 years, wrapping up with an amazing fireworks display to wrap up the year and bring in the next.

The fireworks and party are in jeopardy this year due to a shortage of volunteers. About three to four dozen volunteers are required to make this special event happen. Last year we barely got by with two dozen volunteers and we had to cut back on things like the free use of snowshoes due to a shortage of helpers.

We all have busy lives but it is special people that volunteer several hours every now and then to make a difference for their lives, their families and the people around them.

We have heard comments about The Ridge CL's frequent request for volunteers, be it for casinos or to help run events like the New Year's Eve party. In order to hold events and programs, additional volunteers are often required. The Ridge CL board is a group of volunteers and needs a helping hand from you and others for even a few hours per year in order for events like the New Year's Eve party to take place.



Please contact us now even if you are not sure you will be available to help out.

Contact info@theridgeonline.ca to help or for inquiries.

Submitted by Jim Bradshaw, President, The Ridge Community League

AGM

The Ridge CL Annual General Meeting Tuesday, October 22

Where: Riverbend Community Hall 258 Rhatigan Rd. (next to Earl Buxton School)
When: 7:00 pm, Monday, October 22, 2019 - watch for updates on Facebook

Come on out to enjoy some wine, cheese and munchies with your neighbours and have a say in your neighbourhood and community league's future! There will be updates on Henderson Park development, Terwillegar Drive upgrade, and our building project at Haddow Park.

Community Leagues rely on many volunteers but the executive of Community Leagues are especially critical for planning and implementing the programs and projects that many people take for granted. Be it the construction of a playground, skating rink, community events like the New Year's Eve party, these key people make things happen. Some of the executive positions are or will be open. Even if the position is filled that person could always use the help. Please come out to the AGM to hear what we have to say, have a say in issues of relevance to your community, and perhaps become involved, even in some small way.

The following is a list of positions on our board. Do you like Facebook? As an accountant or engineer do you need professional development hours? Volunteers are special people that make their community a better place for themselves, their families, friends and everyone else around them.

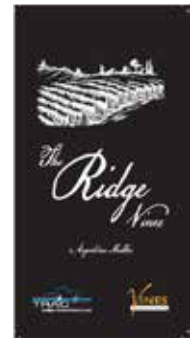
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Program Director	Casino Director	Social Director
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Henderson Estates Ambassador to TRAC	Falconer Heights Ambassador to TRAC	Haddow Ambassador to TRAC

The Ridge Vines Wine

As a fundraiser for TRAC, Vines Riverbend Wine Merchant has brought in 56 cases of Argentinean Malbec. Per prior years, a local community league was given the honour of naming and labelling the wine. This year's wine is The Ridge Vines.

The Ridge CL posted a label contest on Facebook and the winning label submission was by Stephanie Skuce and Lynette Esak.

Check Vines at 2331 Rabbit Hill Road for this very good Malbec and help support TRAC!



Haddow Park Warming Hut at the Snowbank Rink

No, the U.S.S. Enterprise shuttle did not land in Haddow Park, although it certainly bears a striking resemblance to it. For you Trekkies, the shuttle was called "Galileo".

In April two warming huts used by The City of Edmonton at Hawrelak and Victoria Parks for cross country skiing for the last 5 years became available and The Ridge CL

requested one of them for us to place on our licensed land at Haddow Park, next the snowbank skating rink location and site of our future building. We have had



a snowbank skating rink for most of the last 25 years but have never had a place to warm up in or sit in. When the skaters get cold their only option was to go home or sit in an idling vehicle.

The warming hut has Plexiglas on the south end and is well insulated and is warmed by the sun. It can get hot inside during the summer with comments made about making it a sauna.

Motion sensing lights for security will be re-installed on the nearby goal post once soccer season is over even though that small soccer field is no longer in the rotation due to its proximity to nearby fences.

Thank you to Trevor Mayowski, Barry Kossowan, Peter Kunkel, Dave Wilson and Jim Bradshaw for a Sunday afternoon spent sprucing it up and getting it ready for the upcoming snowbank rink season.

We have contracted Playquest once again to maintain our snowbank skating rink at the Haddow site next to the warming hut.

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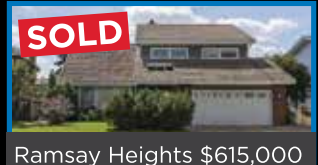

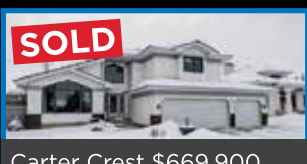
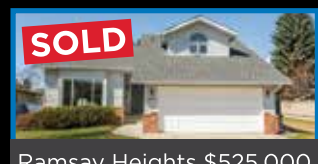
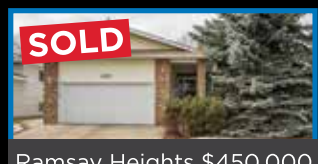
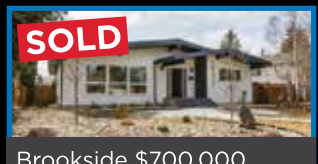
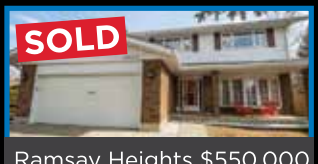


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Fall Programs

Ballroom Dancing is back by popular demand! The 8 week session started on September 8, with the first 2 weeks devoted to learning the Fox Trot and Rumba. The class is currently working on the Waltz and Cha Cha. The final four weeks will be devoted to the Tango, Swing and two other dances selected by the group. Classes run on Sundays from 2-3:30 at the Brookview Community League Hall. If you have questions or are interested in trying this fun class for the last few weeks, contact us at programs@brookviewcommunityleague.ca

Drop in "All Level" **Yoga** with Sandy Mah continues on **Tuesdays from 7:00 -8:15 pm at the BCL Hall**. Sandy has been practicing and teaching for over 10 years. Her training in both Hatha and Yin Yoga involved extensive study of anatomy and proper body alignment to ensure safe

Brookview Park Development

We are so excited to see the final touches being made on our new sports fields. Work will continue into the fall with the goal to complete the trails, tree plantings and seating nodes. It has been a long road to get to this point, but we now have a park area that will be protected forever from further urban development. We look forward to enjoying this great green space for years to come!

Exciting Things to Come in the New Year!

The City of Edmonton has just confirmed that Brookview will get to offer the Learn to Skate program! This 6-week session will run from January 6 to February 16. We have put in a request for either Tuesday, Thursday or Saturday afternoons. We will post the days and times on the BCL website as soon as the city gets back to us. We are excited to have this program back in our neighbourhood, so please come out and support it!!

BCL is planning to offer Tai Chi lessons at our hall in the new year. We will confirm the dates, times and cost in the upcoming months. Check the website and RAGG for information.

This spring we will be hosting a Volunteer Appreciation night to honor and recognize our wonderful community volunteers. Our many community initiatives from programming, special events, fundraising, working casinos, landscaping and managing our website are all made possible through the talents and generous time given by our volunteers. A date and time will be advertised in the New Year.

Opportunity

Brookview Community League is looking for a Rink Manager. This is a well paid, part time position running from December 2019 to March 2020. Duties include flooding, cleaning and maintaining the rink. For more information email sports@brookviewcommunityleague.ca

Get ready for the ski season!

Snow Valley Ski Swap

DROP OFF: 9am - 4pm Saturday, Nov. 2
SKI SWAP: 9am - 3pm Sunday, Nov. 3

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Art in Our Park 2019

...celebrating 10 years of community, diversity and the arts

By: Art in Our Park Committee

Art in Our Park on Saturday, September 21 in James Ramsey Park dawned a bright and glorious day to help celebrate the arts and community. Over 7500 participants, volunteers, artists, musicians and presenters came together to celebrate what makes us unique and were inspired to observe, listen, contemplate and even create.

Seventy artist vendors displaying and selling visual art, photography, mosaics, fabric art, jewellery, and sculpture set high standards in the Art Market. The ATB Financial Emerging Artists Stage featured an array of up and coming talent and provided warm up acts to the main stage. Numerous interactives, or “arts stations” located throughout the expansive park venue created a hive of activity that engaged young and old alike. In addition to crowd favourites like Step Up Stilts, Paint-o-Rama Kids Canvas, Hoop Dancing, and the Play Challenge we had several new stations. A brassy and vociferous Instrument Petting Zoo by Long & McQuade Music, Art is for Life by Riverbend Rivera and the opportunity to make slime with Paper, Scissors & Paint Art Studio proved to be very popular. When the munchies struck, our local food vendors offered lots of variety and selection. Best of all, live music on the Myshak Main Stage featuring Lyra Brown, 100 mile house, Fools Tongue, and Arlo Maverick created an energetic and engaging atmosphere throughout the afternoon.

Art in Our Park came to life ten years ago with a \$2500 grant and the opportunity to attend a Neighbourhood Engagement Workshop with community builder Jim Diers. We brainstormed the concept of using the arts to celebrate community and diversity and dreamed of an event that was inclusive and expressive that would create opportunity for both emerging and established artists and musicians.

Art in Our Park is something special and unique because it demonstrates and celebrates the best we have to offer each other. Our goal to create opportunity for emerging and established artists and musicians and mentor the next generation has been realized many times. Many musicians started their careers on our main stage and in fact, in 2010 Jeff Ramsey performed on our emerging artists stage as a singer/songwriter and in 2019 he performed on the Myshak Main Stage with his band, Fools Tongue. In ten years of poster design scholarships and in the Student Art Gallery we created opportunity and promoted young artists. In addition our Art Market expanded from twenty artists to seventy. The diverse and expressive nature of our community was seen not only in the exciting performances of Sangea or Running Thunder First Nations Dancers but in the happy faces and animated conversations of the myriad of community members that came together to participate, share their talents, time and energy...and the thousands that just came to play!

We are in awe of the vision of that original committee and the enthusiasm, time and talent that volunteers have shared with us over the past ten years. The leadership and commitment of our community and corporate partners and sponsors has been remarkable. An event

of this magnitude relies on so many to make it happen. However, it is challenging to sustain an event of this nature solely on volunteer hours. The **Art in Our Park** committee begins planning in October and continues the process January through June and then goes into overdrive in August and September. We need to take a break and perhaps by doing so it will allow us all to appreciate what we love about our community and may even inspire the next generation of volunteers and community builders to dream. Ten years is a milestone and the Art in Our Park committee is proud of everything we have accomplished together with you – our incredible and expressive community.

Special thanks to all of YOU from the Art in Our Park Committee: Sheryl Bowhay, Elizabeth Emslie, Iryna Grytsiv, Sherri Henderson, Tara Joosse, Susan Pointe, Shelly Stevens, Karen Stewart, and Sue Trigg.

Thank You AIOP 2019 Partners and Sponsors!

Partners

Special thanks to our partners for their leadership and commitment to community!

Aced I.T., ATB Financial: Rabbit Hill Branch, ATCO Gas, Capital Vision Care, City of Edmonton Universiade 83, City Lumber & Millwork, Edmonton Arts Council, Fountain Tire: Riverbend Motivation, Myshak Crane & Rigging Ltd., Myshak Sales & Rentals, Patcher Energy, PCL, Re/Max Real Estate, Brookview Community League, Greater Windermere Community League, Hodgson Community League, Oak Hills Community League, The Ridge Community League, Riverbend Community League, Terwillegar Community League, South West Edmonton Farmers Market, Southwest Area Council, Terwillegar Riverbend Advisory Council.

Sponsors

Special thanks to our sponsors for making our community a better place to live, work and play!

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If you have any questions or would like to discuss your sponsorship options please contact: Sheryl Bowhay at sbowhay@shaw.ca or 780.257.9579



Seniors Connection News for those 55+

Southwest Edmonton Seniors Association (SWESA)

By: Carol Vaage

Life starts all over again when it gets crisp in the fall. F. Scott Fitzgerald

It's hard not to be impacted by the rapid loss of our daylight, the beautiful green of our summer trees, and the arrival of crisp winds. But how we react to these natural events this fall can make a big difference in our lives.

September is a reset time for those who are still in school, but we older adults have enjoyed the freedom of late summer longer. For us, October is our reset time. We may feel the old call of bringing in the harvest, preserving fruits and vegetables, and making our homes ready for the winter.

Fortunately, in our modern times, we need to worry less about those basics, and have the opportunity to invest our energy in other areas to reset ourselves.

Perhaps the fresh produce is motivating you to cook more, try healthier recipes. Maybe you feel like organizing and establishing a routine. Possibly you have more energy with the cooler temperatures.

There are a few ideas to support your reset this fall. One is the basic advice we hear from all our professionals: good sleep, exercise, healthy eating, and meaningful social connections. Another is to reduce your digital time, and pick up a book before going to bed. Learn something new. Find a way to be creative. Think of the fall as a time to reset your goals and commitments.

SWESA has many offerings in programs and options to help you with your fall reset. For exercise, the Zumba Gold class is thriving. It's fun and gets you moving with lively music and laughter. There is also the yogo and essentrics classes for flexibility, strength, and balance. You may want to try the Golden Gloves for non-contact boxing-inspired fitness. Louise, the instructor, is great at adapting for those needing support with coordination and rehabilitation. Our Pickleball runs at the YMCA on Mondays and Thursdays, and they're always looking for more players.

If creativity is a goal for you, we have art classes and groups, drama, fibre arts, photography, calligraphy, and card-making. A special new addition is the SWESA choir which runs on Tuesday afternoons.

Our social events are the most attended, because SWESA has a motto to be very welcoming to all who join us! The monthly luncheons are very popular with great food and entertainment- a perfect outing at a reasonable price. Our games groups are dynamic as well – crib,

hand and foot canasta, American mahjong, contract bridge, and euchre. I often hear their laughter on the other side of the building. They definitely have fun.

If you're looking for something to learn, we have technology and financial talks and health issues - brain health, surgeries, medical travel concerns, and strokes. Our toonie talks are usually two hours long on a wide variety of topics.

We're excited to be offering some of our programs in an additional site: the Blue Quill Community Center (11304 25 Ave, Edmonton.) It's bright and roomy and offers so much potential. We have a survey that we would like you to complete to share your ideas of what type of programming could be offered at this Blue Quill site. <https://www.surveymonkey.com/r/QQN2GGS>

A complete list of all our programs can be found on the website or stop in at the YECC site to pick up a print copy. We hope to see you soon! <http://swedmontonseniors.ca>

Don't forget that we have a dynamic Home Supports Program operated by Barbara Newell coordinating the services for our community, including snow removal, yard work, housekeeping and minor repairs. Contact her at Hs@swedmontonseniors.ca or 780-860-2931

SWESA Seniors Centre

Yellowbird East Community Centre, 10710-19 Avenue - **SWESA Seniors Lounge**

Terwillegar Community Recreation Centre, 2051 Leger Road

SWESA phone - 587-987-3200 ~ SWESA email - swedmontonseniors@gmail.com
SWESA website www.swedmontonseniors.ca ~ LIKE Us on Facebook

Petrolia Seniors Group (55+)

Invites YOU to come to ENJOY

Lunch and a Program (\$18 except December \$25)

Every Third Tuesday (except July and August)
11:45 am (sharp) to 2:00 pm at:

Greenfield Community Hall
(3803 – 114th Street)

November 19 - Rod Anderson
Anderson Learning Systems

“Late Blooming” – the last third of your life can be your best

December 10 -Turkey Dinner with trimmings \$25
“The Brail Tones” directed by Susan Farrell

To **CONFIRM** your attendance or for more information,

CALL: Nick 780-435-1045 or Betty 780-434-0711.

An additional “outing” is offered each month for your enjoyment.

For information call Joyce – 780-435-6388.

We look forward to your participation!



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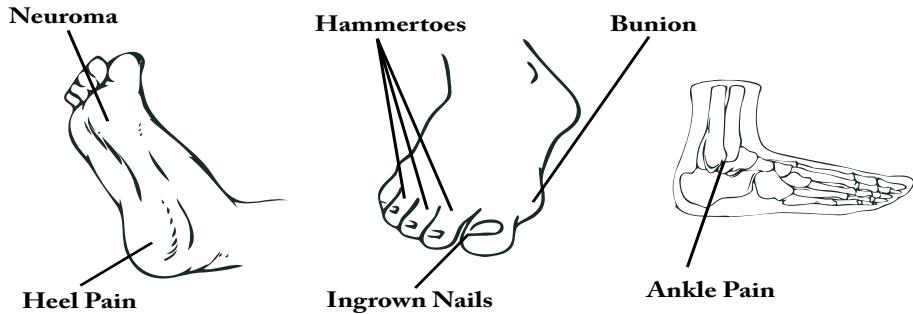
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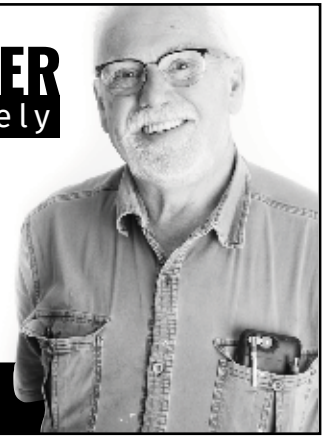
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Women Over 35: Are You In Pain?

Now feel better and look younger, without drugs or surgery

By: Kevin Michaels

If you're a woman over 35, take this quiz. Do you:

- Have pain or discomfort in any joints?
- Suffer from tightness in any muscles?
- Have difficulty touching your toes or reaching overhead?
- Visit a chiropractor or get massage for pain relief?
- You are postpartum and your body hasn't performed well since having kids?

If you answered Yes at least once -- and you've been cleared for exercise by a physio or doctor -- here's news: You're invited to discover the pain-relieving benefits of strength and mobility for women. Free, for a limited time.

First, a simple fact that may be causing you pain: We no longer use our bodies as nature intended.

"Long hours of sitting or standing put harmful stress on our systems. And without purposeful exercise, the damage can grow silently, year by year," says Edmonton fitness expert, Carolyn Box.

If you've tried an exercise program or strength training before, but stopped because you got sore or injured ... or you were just plain bored ... it's not your fault.

"We've been told we need to exercise and get stronger, but the way fitness is delivered can be harmful to some. When injuries or muscle soreness happen, these are signs of poor movement control," says Box.

That's because programs that promise a 'stronger core' or 'better flexibility' are all missing one key component: *functional mobility*.

"When you have functional mobility, you're able to take each joint to its full range of motion – shoulders, knees, etc. This lets your nervous system handle increased intensity. Which leads to reduced pain, less chance of joint replacement or arthritis, and an improved ability to move your body freely without pain," says Box.

Before you start any program of lifting weights, running, fitness classes, dancing, yoga, Pilates -- any type of exercise -- you must have *functional mobility*

as a base to start. Otherwise, just like building a skyscraper on a foundation of sand, your body will fail to handle the stress ... and injury and pain are likely to happen.

I am also a postpartum specialist. Following a particular system of training, your body will function even better than it did before having kids. It doesn't matter how many years have passed, you can restore your mobility and gain better strength and definition than you've ever had! A better functioning body is a more metabolic one. This means it's much easier to avoid the usual weight gain that comes with age.

"Life is better when you're stronger. Carrying groceries or children, not waking up stiff and sore, walking long distances -- you can do it all with the right program of strength and conditioning, based on functional mobility," says Box.

Now, as one of the few independent female trainers in Edmonton certified in Functional Range Conditioning®, certified as a postpartum corrective exercise specialist, and certified as a Level 2 Precision Nutrition Master Coach, Carolyn Box can explain the surprising benefits of functional mobility. A limited number of **No-Cost Personal Fitness Conversations** are available to readers of this newspaper. See the coupon below.

FREE Limited-Time Offer

As a *Riverbend Ragg-Times* reader, you are entitled to a Free Gift if you're a woman over age 35 who wants to learn more about strength training:

- **Free Gift:** Personal Fitness Conversation with Carolyn Box, reveals important, little known facts to gaining strength, adding shapely definition, feeling great, losing fat ... whatever your aspirations are. We will discuss in length how these apply to you and how you can get them to work for you. (\$88.00 minimum value)

Take The Next Step: To receive your Free Gift, text to **780-238-5812** to set up a time convenient for you. Please respond within 11 days.

Waste Services

Update from Your Councilor

By: Tim Cartmell, P. Eng, City Councillor Ward 9



The City's Waste Management Strategy has been an ongoing conversation in the last couple of years. While many of us understood that Edmonton was meeting its goal of diverting 90% of household waste away from landfills, reports over the last two years revealed this was not the case. As a result, the City has developed a new 25-year Waste Strategy.

This Strategy includes many significant changes to our current waste management practices. The City intends to rollout a curbside cart-based system that will separate waste into four streams.

Each house gets a green cart and a black cart - green for organics which is collected weekly (biweekly in winter), black for other trash which is collected biweekly. Blue bags for recyclables will continue to be collected weekly. Special yard waste paper bags will be collected twice in the spring and twice in the fall for any organic yard waste.

Currently, 8,000 homes across 13 neighbourhoods in Edmonton are participating in a pilot project testing this new collection process. If the pilot projects are successful, carts will start being distributed to all single family homes in fall 2020, with a total rollout to all residents by late 2022. Plans are still being worked out for multi-unit buildings and developments.

Approximately 58 per cent of household waste is organic material which can be used to feed a new Anaerobic Digestion Facility and the Waste to Biofuels and Chemicals Facility. These facilities need uncontaminated organic material, which is where the requirement to sort waste at the source comes from.

The Anaerobic Digestion Facility will process our organic waste and reduce greenhouse gas emissions by converting the material to high quality compost and, as an offshoot, produce renewable energy. Edmonton's Waste to Biofuel and Chemical Facility transforms dry, solid waste into biofuels such as methanol and ethanol. Plans are currently under development of this new infrastructure with a completion target of 2025.

These new approaches will require a slight increase in monthly Waste Services fees. I am not yet comfortable with the costs involved, nor am I certain it makes sense to deploy several new strategies all at once.

But this may indeed be the best available strategy for managing Edmonton's waste. While I am concerned that this means paying more money for what is arguably a lower service level, continuing to send large quantities of waste to the landfill as we have been doing is not an effective solution either.

I welcome your thoughts and opinions on this as we move forward. As always you can reach me at tim.cartmell@edmonton.ca, at 780-496-8130 or on Facebook or Twitter.

The Melisizwe Brothers

Brander ROCKS

By: Sharon Gritter

Have you heard about our local talent, The Melisizwe Brothers? They will be performing at the Jubilee Auditorium on November 11th from 7:30-9:30 PM. As it's on Remembrance Day, they are calling it "Remembering Concert" The evening will feature the original music of the multitalented brothers, Marc, Seth and Zachary. This an event for the whole family.

These young brothers aged 11-15 have received international recognition for their incredible musical talent. They have been featured on the Ellen DeGeneres Show and on America's Got Talent, Season 13. They are trained musically in classical guitar, piano and vocals.



One of their songs is titled, "The Gold Mind" and is designed to encourage young people to create a standard of excellence for themselves and to know their self-worth. It is about motivating youth to be their best whether it is in athletics, music or academics.

The Visionary Centre of Performing Arts is partnering with Brander Gardens ROCKs youth to sing in a hundred voice choir that will back up the brothers at their show. The choir director is Ellory Clayton and the Melisizwe brothers have selected the songs for the youth to sing.

Hope to see you at the concert (check www.edmonton.ticketoffices.com/melisizwebrothers)

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ART & CRAFT SHOW - Fran Cuyler-Sculpture, Linda McBain Cuyler-Fibreart, Katie Wilkinson-Glass Jewelry, Nov. 1, 5 to 9 - Nov. 2, 10 to 5, Brookside Hall, 5320-143 St. www.lindamcaincuyler.com

BOOK YOUR WINTER WHEEL SWAPS NOW! Work done by appointment & while you wait. Starting at \$40 per set/4. TPMS programming available. Call/text Steve's Garage @ 587-772-5522.

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SAVE THE DATE Thursday, October 24, 2019. Brookside School celebrates 50 Years! Open House - 4:30 - 7:30 pm. 5504-143 Street Refreshments and appetizers will be served.

STEVE'S GARAGE Specializing in brakes, steering, & suspension work (+more) for all makes & models. Summer/winter tire swaps too! More info & reviews at FB.ME/YEGgarage or call/text 587-772-5522.

WANT TO TAKE OUT A CLASSIFIED AD?

CONTACT ELIZABETH AT:

ADS@RIVERBENDONLINE.CA OR 780-437-7108

Riverbend Community League

Committee Members Needed!

By: Nancy Wendt

Last fall over 200 individuals responded to Riverbend Community League's needs assessment survey. The survey results indicate that the Brookside rinks and tennis/pickleball courts on 53 Avenue are equally important to our community members. The rinks might be a "little rough around the edges" but they are functional, while the courts are not. As a result, the rebuilding of the courts has been identified as a higher priority. Although rebuilding the rinks is delayed, the rinks will continue to be maintained to ensure they are safe and usable.



The court rebuild will be expensive. It is expected to cost in excess of \$450,000. The Riverbend Community League Board is interested in rebuilding the courts however we need help. The new and amazing playgrounds in our community are due to the hard work of community members who were committed to, and passionate about, having an upgraded playground in their community. These community members joined together to create playground committees that did a tremendous amount of work planning and fundraising to make the playgrounds a reality. We know there are committed and passionate tennis/pickleball players in our community and we need them to get involved in this project to make new courts a reality.

The survey also highlighted that community events are important. This includes established events like Taste of Riverbend, Family Winter Festival and the Family Skate Fest. And there is a desire for new events. Organizing successful events is a huge undertaking and we rely on volunteers for this. Are you interested in helping organize events? Either existing events, or introducing new ones?

Riverbend Community League is seeking individuals who are interested in helping out with these specific items - (1) Rebuilding the courts and (2) planning community events. If you are interested in joining the Court Rebuild or Events & Programs committee please email info@riverbendonline.ca.

Riverbend Community League

Annual General Meeting

Monday, November 25, 2019 7:00 p.m.
Riverbend Community Centre, 258 Rhatigan Road East

All Residents of Brander Gardens, Brookside, Ramsay Heights & Rhatigan Ridge Welcome

The AGM will be followed by wine & cheese

We have positions available!

If you are interested in becoming involved at the Board level, please contact: info@riverbendonline.ca

Riverbend Community League Membership Information!

Riverbend Community League boundaries include: Brander Gardens, Brookside, Ramsay Heights and Rhatigan Ridge. Memberships can be purchased online at www.efcl.org, at the TRAC office in the Terwillegar Community Recreation Centre, by mailing in the membership form on pg. 19 or dropping it off at the RCL office. For more information about the Riverbend Community League, visit www.riverbendonline.ca. Thank you for supporting the Riverbend Community League.

Riverbend Community League

Serving the Neighbourhoods of Brander Gardens, Brookside,
Ramsay Heights, and Rhatigan Ridge.

Join in! Visit www.riverbendonline.ca
for updates on community league programs.

President's Message Miep Raedschelders, RCL President

Thank you so very much for our community volunteers! Art in our Park was an amazing success, thanks to the effort of the volunteer board and all the volunteers at the event! Thank you also to the community members who volunteered their time for RCL's casino this summer. Your volunteer shift makes it possible for your league to build community!

The Riverbend Community League is working hard to enhance our members leisure time this fall. Brookside will be the site of a Fall Green Shack program from November 9-December 6 on Tuesdays and Thursdays from 3:30-6pm and Saturdays from 1-5. This program is aimed at children aged 6-12. The Brookside Rinks are being prepared for what will hopefully be a great skating season and we are working on final touches for the Ronning Park redevelopment!

Your membership gives you the right to vote at our Annual General Meeting which takes place on November 25th at 7pm in the Riverbend Community Centre (258 Rhatigan Road E.) We have board positions and other volunteer opportunities available and would love to welcome you aboard! For more info, please reach out to info@riverbendonline.ca. Join us for wine and cheese after the meeting and socialize with neighbours and friends. Memberships will be available to purchase at the AGM.

I would like to take the opportunity to thank Howard Nash for his service as a board member over the past few years. Howard's contributions to our VP and Maintenance Director positions were very much appreciated. On behalf of the entire RCL community, I thank you and wish you well on your next adventure.

Please support your community league by purchasing a Community League Membership for 2019-2020. Community League membership qualifies you for a 20% monthly and annual pass discount at city recreation centres and access to weekly free community league swim times! For Membership purchase, information and benefits, please contact Elizabeth at info@riverbendonline.ca or call (780) 437-7109.

Casino Thank You!

Riverbend Community League had the opportunity to provide volunteers to work a casino on August 21 and 22, 2019 at the Yellowhead Casino. Receiving these funds helps your community league with the build of playgrounds, park development, rinks, tennis courts, Green Shack Programs and buildings. Riverbend Community League has 2 buildings that are kept very busy with the Riverbend Cooperative Playschool, PB&J playgroup, YMCA day care, Yoga, seniors bridge, Brownies and Guides, Sport Ball and meeting space just to name a few. These funds also help support events like Art in Our Park, A Taste of Riverbend, Family Winter Festival and Skate Fest.

Many thanks to the following volunteers who gave up their day or evening into the wee hours of the morning to make this possible.

Sue Trigg, James Irving, Rod Ponech, Sheilah Nolan, George Peytchoff, Don Lore, Reg Wood, Pat Lore, Emily Kaminsky, Joan Wood, Nancy Wendt, Susan Ritcher, Dave Rumbold, Terry Dunnigan, Christine Chemerinski, Cinnamon Stacey, Priya Nelson, Elizabeth Hughes, Anett McCabe Gilda Yee, Judy Robinson, Sheryl Bowhay, Sharla Madsen, Richard Xie, Brian McLennan, Nicole Choquet-Hetu, Lita Bablitz, Cathy Craig, Tara Joosse, Elizabeth Emslie, Miep Raedschelders, Karin Shott, Vanessa Desa and Marnie Pellet.

Volunteer Needed!

Riverbend Community League is looking for volunteers for its court rebuild committee and events committee. Call 780-437-7108 or Email info@riverbendonline.ca for more information.

Riverbend Bridge Club

If you know how to play bridge, and want to enjoy a relaxing afternoon join us at: Drop-in bridge on Thursday afternoons from 12:00 - 3:00 pm at the Riverbend Community Centre (258 Rhatigan Road E.). Open to all. Community League membership is required. For more information, call the community league office at: 780-437-7108.

Free Community League Swim

Riverbend Community League has **FREE community league swims at two indoor pools.**

Show your valid Riverbend Community League membership card at the pools listed below for free access during the designated community league swim times. Children eight years of age or under require adult supervision in the water at a ratio not to exceed three children to one adult. Children six years of age and over must change in the change room of their gender. Family change rooms are available at some facilities.

INDOOR POOLS

Confederation Pool (11204 - 43 Ave)

Terwillegar Community Recreation Centre (TCRC) (2051 Leger Road)
Sundays 5:00 to 7:00 pm*

(*Note that your CL Membership Card gives all access at the TCRC during the Community Swim times.)

Connecting Online

Stay Up-to-Date on the Latest Events in Your Community!



Riverbend Community League
www.facebook.com/RiverbendCL

The Riverbend Ragg-Times
www.facebook.com/RiverbendRaggTimes



Riverbend Community League Office Open - Tuesdays & Wednesdays 10:00 am - 2:00 pm
258 Rhatigan Road East • 780-437-7108 • info@riverbendonline.ca

Immersion is Powerful

Free play for kids

By: Gigi Jobbs



Immersion is powerful. The first 7 years of life are an osmosis period where direct absorption of language, music, and other aptitudes go deep into the bones. Consciously or not, we guardians of young children choose a flavour of water for our kids to swim in. “I am an atmosphere to my child” was an eye-opening motto I discovered early on. Who we are --- in gesture, tone, expression, belief -- that’s their first fish bowl.

During this whole most formative window we have such an opportunity. We are doing more than optimizing their wide-open brain power; I believe we are shaping their very capacity for joy and contentment.

With my four kids I didn’t prioritize foreign languages, or music or even early literacy. We did not do any sports and I certainly did not allow “screens” to contend for the honour of prime influence during this special time.

For me, the most delicious and important immersion I could offer was: Free Play.

Free Play is the foundation of identity. It is a place; dreamy, like the hundred acre woods. If you intimately know and own an inner place that is spacious, full of reverie, tinkering, and wanderlust, then you can return to it as an adult and find yourself in a moment, whole.

That’s what I wanted for my kids.

And so I created the conditions where that fluency, that literacy, that vocabulary -- of rich, wide, masterful Play -- would thrive.

Just like the smooth, natural ease of fluent reading, there’s a beautiful, sonorous quality to the realm of wholesome Play. It has musicality, rhythm, and stamina -- there’s nothing stilted, awkward, flat, or short-lived about high calibre Play.

True Play is self-propelled, un-adulterated, open-ended, shape-shifting, intrinsically satisfying, and as ravishing as a great book.

So how do we support this literacy of Play?

Read about it here, same column, next issue, as we dive deeper into “Playing the Ramshackle Play.”

Gigi is an author, publisher, teacher, play advocate, and mother of 4 kids, age 3-13. You can find her children’s book “A Whole Other Magic” on Amazon.ca. See more unique play and parenting ideas in the facebook group: Playing the Ramshackle Way and on her blog www.parentbymagic.com

LOOKING FOR FUN economical ACTIVITY FOR YOUR CHILD? COME JOIN US!

We have an indoor facility, large selection of toys and great conversation
 Program runs 9:15 am to 11:15 am Tuesday through Friday
 A Riverbend Community League Program located at Brookside Hall
 Contact us at www.peanutbutterandjam.ca
 or follow us on <https://www.facebook.com/PBJPlaygroup>
 Contact our Registrar at pbjreg@gmail.com for your complimentary session

PBJ

PEANUT BUTTER & JAM PLAYGROUP

Riverbend Library



Supporting learners of all ages

By: Ben Ehlers, Community Librarian, EPL

First off, I just wanted to thank everyone for helping make Summer Reading Club one of the best in recent years. The Riverbend Branch was FIRST in the city for kids registered and together they read over 18,780 hours! But just because the summer may be over doesn’t mean the reading has to stop: our shelves are stocked with the 2020 Young Reader’s Choice Award nominees, and there are a lot of great titles to choose from for readers of any age.

We also have a number of programs to help support learners of all ages on their educational journeys! For more information, please check out our always-up-to-date calendar of events at EPL.ca.

Sounds Like Fun: Getting Ready to Read

Wednesdays 1:30 pm – 2:15 pm
 Children, ages 4 – 5

Your little ones might be too big for Baby Lap Time, but our programming is growing up, too!

Come for stories, songs, movement and a variety of fun activities designed for your active preschooler. Adults will also actively participate and learn ideas to help their child get ready to read.

School’s Out

Thursdays 3:00 pm – 4:00pm
 Children, ages 6 – 12

When school is out, the library is in! Complete challenges, play games, or learn something new! Whether we are building cardboard towers, or learning how to program robots, there is always something new to explore.

Addition Basic Facts: Tuesday, October 29th, 6:30pm – 8:00pm

Multiplication Basic Facts: Tuesday, November 5th, 6:30pm – 8:00pm

Strategies for Learning Math: Are you interested in learning more about the strategies that your child is learning in math? Learn how to support your child at home with building math and numeracy skills to help them become more successful in school and beyond. Register online at EPL.ca.

Seniors’ Drop-In Program

Tuesdays, 10:30am – 11:30am

Join us on Tuesday mornings as we continue our classes and focus on in-demand topics like art fraud, music, healthy eating, travel, and trivia. Contact the Riverbend Library 780-944-5311 for more information about the program, including an up-to-date schedule of events.

Southwest Edmonton Farmers’ Market

End of season update



By: Christies Anderson, Market Manager

Our wonderful market has wrapped up another season, and we have so much thanks to give. The SWEFM would like to express enormous gratitude to the customers who support our wonderful market. This year we had the biggest year ever, with over 80 tents set up on some market days, and an average of 1700+ people attending each market. We hosted many fun events, including once-a-month bouncy castle days, a Corn Fest, Seniors Day, Local Food Week/Bee Day, and more! We had a great mix of returning and new vendors this year, which made for a vibrant and fun market mix every week. By shopping at your local market, you are supporting hard-working, local producers who are so appreciative of your support!

Our Sprouts program (kids nutrition program) was yet again an enormous success. This program is run by the amazing Emily Hendsbee, with a ton of help from her family and local university students. These talented ladies run the Sprouts tent at the market and write the recipes that are handed out to the kids weekly.

We owe a big thank you to our market volunteers, Steering Committee, and sponsors. The market volunteers help set up and take down the market, and keep it tidy for our guests. The Steering Committee plans all through the winter to bring you the best community market that they can, and the sponsors make it possible for us to distribute thousands of Sprouts tokens to children, enabling these kids to learn more about healthy eating and to make their own nutritious food choices.

Before we go, we’d like to let you know that our 2020 Vendor Application Form will be available at www.swefm.ca by the end of October. Have a wonderful winter and see you in 2020!

RIVERBEND COMMUNITY LEAGUE		
Serving the residents of Brookside, Brander Gardens, Ramsay Heights, and Rhatigan Ridge. www.riverbendonline.ca		
Cost of membership Family \$45/Single or Couple \$35/Senior (65+) \$25		
RCL Office	Elizabeth Emslie	780-437-7108 info@riverbendonline.ca
President	Miep Raedschelders	president@riverbendonline.ca
Vice-President	Tara Joosse	info@riverbendonline.ca
Publicity	VACANT	info@riverbendonline.ca
Secretary	Leslie Leeworthy	info@riverbendonline.ca
Treasurer	Nancy Wendt	info@riverbendonline.ca
Memberships	Karin Shott	memberships@riverbendonline.ca
Seniors	Judy Robinson	info@riverbendonline.ca
Volunteer Coordinator	Tara Joosse	info@riverbendonline.ca
Community Liason (Civics)	Sheryl Bowhay	info@riverbendonline.ca
Neighbourhood Watch	Barb Scott	info@riverbendonline.ca
Events/Fundraising	Sue Trigg	info@riverbendonline.ca
Facilities/Maintenance	Howard Nash	info@riverbendonline.ca
Civics	Dave Rumbold	info@riverbendonline.ca
Rinks	Sue Trigg	info@riverbendonline.ca
RIVERBEND COMMUNITY LEAGUE BUILDINGS Brookside Building (5320 – 143 Street) (780-437-7108) Riverbend Community Centre (258 Rhatigan Rd. E)		
Buildings Rentals	Rod Ponech	780-217-1636 rentals@riverbendonline.ca
The Riverbend Ragg-Times	Sherri Henderson, Editorial	raggtimes@riverbendonline.ca Elizabeth Emslie, Advertising 780-437-7108 ads@riverbendonline.ca

BROOKVIEW COMMUNITY LEAGUE	
Serving the residents of Bulyea Heights. Community League Memberships can be purchased at the TRAC Office, tracmail@tracspirit.ca or 780-439-9394 www.brookviewcommunityleague.ca	
Cost of Membership Family \$45/Single or Couple \$35/Senior (65+) \$25	
President	Peter Farnden
Vice President	Vacant
Treasurer	Purnima Prasad
Secretary	Claire Jarock
Seniors Director	Vacant
Newsletter Director	Carol Paul
Sports Committee	Kyle Fodchuck
Membership Director	Lauren Storey
Playschool Liason	Erin Chapman
Casino Chair	Madan Prasad
TRAC Ambassador	Peter Farnden
Programs Director	Vesna Farden
Brookview Community Centre, 280 Bulyea Road.	

HODGSON COMMUNITY LEAGUE	
Serving the residents of Whitemud Ridge. For more informations visit: www.ourhodgson.com or email: hclcommunications22@gmail.com .	
Cost of Membership Family \$45/Single, Couple, or Senior \$35	
President	Taniya Birbeck hclpresident@gmail.com
Vice President	Tania Hrebicek
Membership Director	Janna Kirkup hclmemberships@gmail.com

OAK HILLS COMMUNITY LEAGUE	
Serving the residents of Whitemud Oaks (Leger) and Whitemud Hills (Carter Crest). oakhills.cl@gmail.com	
Cost of Membership Family \$45/Single, Couple, or Senior \$35	
President	Mike Boychuk
Vice-president	Brian Boswell
Secretary	Sandra Boyes
Civics/Seniors	Rob Agostinis
Sports Director	Armando Pinedo
Program Director	Afroz Farjoo
Memberships	Susen Douglass & tracmail@tracspirit.ca

GREATER WINDERMERE COMMUNITY LEAGUE	
Serving the residents of Glenridding, Windermere, Upper Windermere, Windermere South, Windermere North, Langdale, Riverpoint, Keswick, South Rural and West Point. GWCL, 18102-8 Ave SW, T6W 1A5 www.gwcl.ca	
Cost of Membership Family \$45/Single or Couple \$35/ Senior single \$30	
President	Janet Ho gwclpresident@gmail.com
Memberships	VACANT tracmail@tracspirit.ca

PROGRAMS (Open to members of any community league.)		
PB&J Playgroup	pbjchair@gmail.com	
Riverbend Cooperative Playschool	www.riverbendplayschool.ca	
Adult Yoga	Bev Moore Paige Elniski	780-437-7108
Bridge	Open	780-437-7108

THE RIDGE COMMUNITY LEAGUE	
Serving the residents of Henderson Estates, Falconer Heights and Haddow. P.O. Box 21063, Edmonton, AB, T6R 2V4. Memberships are available at: the TRAC Office, or online at www.efcl.org . www.theridgeonline.ca info@theridgeonline.ca	
Cost of Membership Family \$45, Single or Couple \$35, Senior Single \$25, Senior Couple \$30	
President	Jim Bradshaw 780-434-0058 info@theridgeonline.ca
Memberships	Martina Kunkel memberships@theridgeonline.ca

SPORTS PROGRAMS		
These programs are open to all Riverbend-Terwillegar residents holding current Community League memberships.		
Basketball (Youth)	www.southwestbasketball.com	
Edmonton Girls Hockey	Registrar	780-868-2801
Ringette	ringette-edmonton.com	
Softball (SEMS)	meldawn@telus.net	
SWAT Hockey	swat.ca	
TRSA Soccer	Charlane Gorsak	780-437-1331

DISTRIBUTION

The Ragg-Times is distributed by Canada Post directly to nearly 10,000 homes, online at www.riverbendonline.ca, and on-site at several locations throughout the Riverbend area:

The Paw Pet Spa & Boutique
266 Bulyea Road

ATB Financial
14236-23 Ave.

Secret Sweets
14910-45 Ave

7 Eleven Food Store
149108 45 Ave

Easy Mart
5679 Riverbend Road

Mac's Convenience & Esso
Terwillegar Drive & 40 Avenue

Safeway, Shoppers Drug Mart, and the Riverbend Public Library
Terwillegar Drive & Rabbit Hill Road

Second Cup
Riverbend Square, and in the Terwillegar Community Recreation Centre

Snow Valley Ski Club
13204 Rainbow Valley Rd.

Riverbend Community Centre
258 Rhatigan Road E.

Vines Riverbend Wine Merchant
2331 Rabbit Hill Rd NW

TRAC Office
Terwillegar Community Recreation Centre

The Riverbend Ragg-Times thanks these businesses for their community service in carrying the newspaper.

The Riverbend Ragg-Times
is funded and published solely through the support of advertisers, sponsors, and community leagues in and around the Riverbend/Terwillegar area.
They support us so please support them.

OTHER AREA COMMUNITY LEAGUES MEMBERSHIP CONTACTS	
Ogilvie Ridge	Membership Director orcl@whitemudcreek.ca Cost of Membership Family \$45/Single, Couple, or Senior \$35
Terwillegar	www.terwillegar.org Cost of Membership Family \$45/Single, Couple, or Senior \$35

Community League Membership Application

To verify your League, or purchase a membership online, please visit the Edmonton Federation of Community Leagues (EFCL) website, www.efcl.org

Adult #1: _____ **Date:** _____

Adult #2: _____ **Membership Type:**

Address: _____ Seniors/Single/Couple/Family (circle one)

_____ May we send you news by email? Y/N (circle)

Postal code: _____ **Are you willing to volunteer?** Y/N (circle)

Phone number: _____ **Fee** (please see CL info on page above): _____

Email: _____ **Donation:** _____

Children's names: _____ **Total Paid:** _____

_____ **Cash:** **Cheque:**

_____ **No. of skate tags required:** _____

Mail completed form, along with payment, to the address below:

"The Community League's Name"
c/o TRAC at Terwillegar Community Recreation Centre
#5, 2051 Leger Road NW
Edmonton, Alberta, T6R 0R9

Forms and payment may also be dropped off at the TRAC office.

***Cheque Payable to the Applicable Community League.**

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Westbrook Estates \$8,500,000
A classic English brick Manor, .79 acre ravine lot on the pointe, 19,500 sq.ft.
ML# E4134510



On The River \$3,698,000
Premier Private Estate, a 1.4 acre lot. Total living space of 6130 sq ft. Custom built.
ML # E4154120



Wolf Willow Ridge Estates \$2,998,000
2 storey walk-out estate, 8100 sq.ft, gourmet kitchen with expansive island
ML# E4126439



Windermere \$2,050,000
Prime Ravine Lot! 1.15 acre south facing estate. 6 bedrooms, 5 full bath. Wine cellar.
ML# E4158299



Strathearn Drive \$1,798,000
Georgian style brick mansion. 6000 sq ft of total finished space. City views.
ML# E4167060



Cameron Heights \$1,598,000
On the ravine executive walk-out bungalow. 4800 sq.ft of contemporary finished space.
ML# E4173742



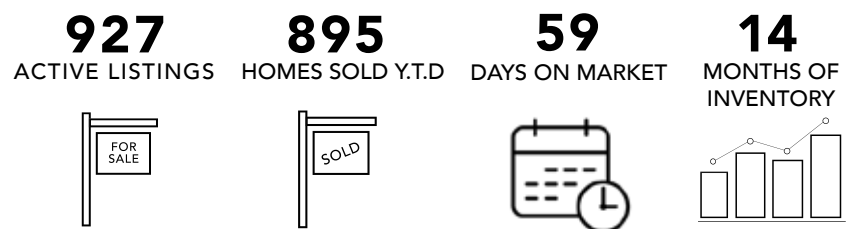
Whitemud Ridge \$1,375,000
WALK-OUT BUNGALOW on the RAVINE!
4500 sq.ft. total finished. 10' ceilings.
ML# E4156515



Falconer Heights \$699,900
Renovated custom built 2 storey walk-out. Steps to the ravine on a quiet cul de sac.
ML# 4157538

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SOUTHWEST MARKET SNAPSHOT

MARKET SUMMARY Y.T.D 2019



AVERAGE SOLD PRICE 2019



Oliver \$1,549,000
The prestigious Carlisle. Fully renovated in 2019, 2082 sq ft 16th floor unit.
ML # E4157637



On the Ravine \$1,548,000
Walk-out bungalow in College Woods. 5477 sq ft of luxury. Chef's gourmet kitchen.
ML# E4160153



Keswick on the River \$1,298,000
Prime lot in Windermere, located on the banks of the North Saskatchewan. Ideal size.
ML# E4167399



Rhatigan Ridge \$849,900
Terwillegar Park Estates, close to ravine! Beautifully renovated. 2390 sq ft 2 storey.
ML# E4175078



Windermere \$648,000
Upper Windermere elegant living. 2372 sq ft 3 bedroom 2 bath. Great location
ML# E4172640



Henderson Estates \$549,900
River Ridge in Henderson Estates, beautifully maintained 2180 sq ft 2 storey. Must see!
ML# E4171292

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